



# Scouting@Home

## Weekly Program Ideas



### Week 1



#### PERSONAL GROWTH

##### Share a Skill

Do you have any special skills or talents that you might be able to teach a friend? Now's your chance! Team up with a group of friends and think about some of the special skills you have. Take turns to teach them your skills!



#### OUTDOORS

##### Virtual Scout Camp

Create a Project Patrol and organise a virtual Scout Camp with your own program of activities! Whip up some snacks and pitch a tent in your backyard, or if you don't have a yard then build a blanket fort in your living room.



#### COMMUNITY

##### Creating a Better World

Is there someone in your community that you think deserves a thank you? Maybe it's someone who you've never met but inspires you nonetheless! This activity is all about gratitude and fostering positivity in our communities.



#### CREATIVE

##### Grow a Rainbow

Get creative by growing your own rainbow at home! For this activity, all you will need is a kitchen roll, paper clips, felt tip textas, and some water filled containers.



#### WELLNESS

##### Plan your post COVID adventure

If you've been missing the outdoors and going on adventures, here's your sign to start planning your post lockdown adventure to help you stay motivated, fit and inspired.



## Share a Skill

Challenge Area	 PERSONAL GROWTH
Ages	All
Number of People Required	At least two

Do you have any special skills or talents that you might be able to teach a friend? Now's your chance!

### Instructions


1. Assemble a Project Patrol with at least one other person.
2. Think about some of the special skills you have. Choose a skill you're confident in that you'd like to teach others. It could be anything – a specific knot, a map reading skill, or a badge or award you have that not everyone has earned yet.
3. Gather any equipment or resources you'll need to teach your Project Patrol the skill.
4. Schedule to meet with your Project Patrol online. You can do this via your Group's Virtual Scout Hall – ask your Leader how to schedule a meeting!
5. Meet with your Project Patrol.
6. Take turns to teach everyone your skills – explain what the skill is, what it involves and why you chose it. Run through the basics of the skill for everyone to see.

### Reflection

Sometimes it can be tricky to explain things we know how to do because we're not used to thinking about it! This activity encourages us to step up and lead. It also teaches us how to refine our communication skills - to break our skills down so others can understand them. Did you find it hard to explain your skill? What steps did you take to make sure everyone could follow along?



## Virtual Scout Camp

Challenge Area	
Ages	All
Number of People Required	The more the merrier!

Practice your camping skills with your very own virtual Scout camp!

### Instructions


1. Assemble a Project Patrol.
2. Agree on a date and time for the virtual Scout camp out.
3. Delegate tasks and responsibilities – agenda, virtual games, skits singalongs and stories.
4. On the day of the camp, pitch a tent in your backyard. If you don't have a yard, you can build a blanket fort inside. Be sure to ask a parent or sibling for permission and help first!
5. Gather blankets, quilts, or sleeping bags to make the tent cosy.
6. Prepare your snacks and drinks.
7. Sign in to the virtual Scout camp.
8. Enjoy!
9. After the camp is over, make sure you take down your tent, return any materials and throw away any rubbish.

### Reflection

Camping at home can be quite a different experience to going on a Scout camp. The convenience of being at home has its own pros and cons. What were some of the differences you experienced? How about any challenges? What would you do differently next time?



## Creating a better world

Challenge Area	
Ages	Joeys, Cubs, Scouts, Venturers
Number of People Required	One

Is there someone in your community that you think deserves a thank you? Maybe it's someone who you've never met but inspires you nonetheless! This activity is all about gratitude and fostering positivity in our communities.


### Instructions

1. Think of someone in the Community that helps us. This could be someone you know personally, or someone you've never met before but inspires you nonetheless.
2. Write or draw a description of them and their important role.
3. Write or draw them a thank you - maybe talk about how much they mean to you or how they've helped/inspired you and your community.
4. Research where you could send your thank you and organise to have it sent. Show your friends, family and unit before you do!

### Reflection

Right now, it is more important than ever to share gratitude and foster positivity amongst our communities. Reflect on what you felt when writing the thank you message. Did you feel happy? Positive? Warm? Maybe something else entirely.

# Grow a rainbow

Challenge Area	
Ages	Joeys and Cubs
Number of People Required	One

Get creative by growing your own rainbow at home! For this activity, all you will need is some paper towel rolls, paper clips, felt tip textsas, and some water filled containers.

## Instructions

1. Cut your paper towel rolls into the shape of a rainbow
2. Colour a rainbow with felt tips about 2cm up on both sides
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold the rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water than watch your rainbow grow!


## Reflection

Wonder how it works? This is called 'capillary action'. Water molecules like to stick to things - including themselves. Sticking to things is called adhesion and sticking to itself is called cohesion. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.





## Plan your post COVID adventure

Challenge Area	 WELLNESS
Ages	Venturers, Rovers, Leaders
Number of People Required	One

If you've been missing the outdoors and going on adventures, here's your sign to start planning your post lockdown adventure to help you stay motivated, fit and inspired.

### Instructions

1. Set aside some time and start researching and planning for adventures you're going to go on post lock down. Get inspired and refer to this [link](#) to get your juices flowing.
2. Make sure you've sorted, repaired and cleaned all your gear so they are ready to go as soon as you are.
3. Start getting fit and implement a great fitness routine so you are in your prime as soon as your adventure starts.

### Reflection

Having something to get excited about and to keep focussed on will do wonders for your daily motivation and purpose. Plus, at some point in the future you'll have a plan ready to be implemented at the drop of a hat for you and your Unit.